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Basal Temperature Study

Evaluation of thyroid function

The thyroid gland produces a variety of hormones; most relevant here being T3 (triiodothyronine) and T4 (thyroxine), which play a large role in the regulation of internal body temperature. The basal temperature test is a very accurate method of determining thyroid gland function.

If you get consistently low readings (below 97.8°) throughout the 4-day duration of this test it is a strong and reliable indicator of hypo (decreased) functioning of the thyroid gland. For the following test, it is recommended to use a non-mercury glass thermometer, instead of digital thermometers, for accuracy.

Instructions

On the night **BEFORE** you do the test, shake down your thermometer and lay it beside your bed or night table (somewhere within effortless reach upon awakening in the morning). Then go to sleep without an extraneous heat source (sleep separately from your bed partner, and without using electric blankets or a waterbed). You may wear pajamas and use blankets as desired.

Upon awakening in the morning, with as little movement as possible, reach for the thermometer and place it in your armpit. It is **IMPORTANT** that you leave the thermometer there for **10 minutes precisely**. After exactly 10 minutes take out the thermometer and write down your results.

Normal Readings

Normal readings are in the range of 97.8° to 98.2° (see Celsius readings below). The further below 97.8°, the more hypoactive the thyroid. The further above 98.2°, the more hyperactive the thyroid.

*Females are recommended to perform the test on the second and third days of their menstrual cycles.
Men and post-menopausal women can perform the test at any time.*

**Please conduct the test for 4 days consecutively. Normal readings:
Fahrenheit: 97.8° to 98.2° / Celsius: 36.55° to 36.77°**

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Additional readings

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